

Arbor Management, Inc.

Nutrition News

November 2016



Falling for Health

Fall, cold weather, and comfort foods do not mean that you have to let your healthy habits become derailed. It can be difficult to figure out what fresh fruits and vegetables are in season right now, so we took it upon ourselves to help you out. Currently in season: winter squash, sweet potatoes, pomegranates, parsnips, and kale! The ending months of fall still provide many fun activities to do outside! Some suggestions on family activities:

- Run a *Turkey Trot*
- Work together to rake the leaves—if everyone pitches in, it goes by faster

Healthy Celebrations this Month:

All of November: Peanut Butter Lover's Month, Sweet Potato Awareness Month, Pomegranate Month, and National Hunger Awareness Month

November 3rd: Sandwich Day

November 7th – November 11th:
National Fig Week

November 12th: Garbage Pizza Day

November 14th: World Diabetes Day

November 17th: Take a Hike Day

November 14th – November 18th:
Split Pea Soup Week

November 20th: Children's Day

November 23rd: Eat a Cranberry Day

November 25th: National Parfait Day

November 29th: (Dark) Chocolate Day

The Month of Sweet Potatoes



GROW: Sweet potatoes thrive in hot, tropical weather. They grow beneath the ground with their leafy vines above them

NUTRITION: High in vitamins A, C, and potassium that promotes great vision, healthy skin, and heart health

FLAVOR: Naturally sweet and buttery with smooth and tender texture

TRIVIA: Purple sweet potatoes get their color from a nutrient called anthocyanin. Surprise all your friends using these purple potatoes while making purple fries, pies, or mashed potatoes!

Roasted Brussels and Potato



All you need (serves 6-8):

1 lb Brussels sprouts, trimmed
2 large sweet potatoes, peeled & chopped 1" pieces
2 cloves garlic, smashed
1/3 cup olive oil
½ tsp garlic salt
1 tsp salt
1 Tbsp. balsamic vinegar
Pepper to taste
Thyme for garnish

All you do:

1. Preheat oven to 400°F.
2. Combine all ingredients except thyme and balsamic vinegar into a bowl. Toss.
3. Spray roasting pan and lay out veggies evenly on pan
4. Roast for 40-45 minutes, until fork-tender
5. Place vegetables in serving bowl and toss with balsamic vinegar and thyme for garnish. Serve hot!